

ROBOMAN SPECIAL



4 WEEK PLAN

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ROBOMAN SPECIAL			
WEEK 1			
MON		★	
TUES		★	
WED	RUN: WU: (10MINS EASY JOG), 5X(25M HANUMANSTRIDES FINISH AT MAX SPEED, REST1MIN), 1KM BUILDUP TO RACE PACE, MAIN: 8-10KM, TRY TO INCREASE SPEED EVERY 1KM (BUILDUP SPEED) CD: 10MINS WALK FAST / EASY JOG	★	POOL JOGGING - DEEP POOL JOG HOLD KICK BOARD OR POOL BUOY AS 3-5X(5MINS POOLJOG THEN 100M EASY SWIM)
THURS	SWIM: WU: 200M YOUR CHOICE EASY OR 400M AS (100M EASY, KICKBOARD 300M), MIXED STROKE NO FS: 2X(50M FAST, REST1MIN), 200M RACE PACE, MAIN: 2X(75M FAST, 25M EASY, REST2MINS), 3X(50M FAST, 50M EASY, REST1MIN), 4X(25M FAST, 75M EASY, REST30SEC), MAIN2: 400M AEROBIC ZONE (EFFORT 5-6), CD: 200M YOUR CHOICE EASY	★	EASY BIKE RIDE 1 HOUR OR REST
FRI	SWIM: WU: 400M YOUR CHOICE EASY, MAIN: BEGINNER: 4X(150M, REST20SEC) / INTERMEDIATE: 6X(150M, REST15SEC) / ADVANCED: 8X(150M, REST10SEC), MAIN2: 8X 25M FAST W PADDLES, REST1MIN, CD: 400M YOUR CHOICE EASY.	★	OPTIONAL BIKE ON TRAINER 30MINS @NATURAL CADENCE & EASY EFFORT
SAT	RUN: WU: 20MINS BUILDUP FROM EASY, MAIN: 10MINS SLOWDOWN & HOLD EASY, 10MINS RACE PACE, 20MINS BUILDUP TO MEDIUM, 5MINS SLOWDOWN TO EASY, 5MINS FAST ALLOUT, 10MINS EASY, CD: 5MINS WALK	★	CHILL OUT!
SUN	BIKE 60-90KM	★	CHILL OUT!
WEEK 2			
MON	RUN: MORNING JOG 45-60MINS *KEEP IT EASY, RECOVERY ZONE CHILL BRUH!	★	FLEXIBILITY SESSION
TUES	BIKE: WU: 5MINS BUILDUP CADENCE, 20MINS MEDIUM EFFORT @HIGH CADENCE, 10X(20SECS SPRINT, 20SECS EASY SPIN), 5MINS TIMETRIAL, MAIN1: V02MAX 1X(3MINS HARD, 3MINS EASY), 2X(2MINS HARD, 2MINS EASY), 3X(1MIN ALLOUT, 1MIN EASY), MAIN2: 20MINS @MEDIUM, NATURAL CADENCE, CD: 10MINS V.EASY SPIN & STRETCH	★	SWIM: WU: 200M YOUR CHOICE (MIXED), 200M AS 8X(25M KICK&DRILLS, REST EVERY 25M 30SEC), 100M AS 4X25M SPRINT ,REST30SEC, TIMETRIAL (BEGINNER: 100M, INTERMEDIATE: 150M FAST+50EASY, ADVANCED: 200M), MAIN1: 6X200M AT: 6X(FIRST 50M EASY THEN 150M RACE PACE, REST30SEC), 100M EASY, MAIN2: SETS OF 50M PADDLES: 10X50M AS 5X(50M FAST, 50M EASY, REST10SEC), CD: 400-600M EASY YOUR CHOICE.
WED	BIKE: BEGINNER : 90MINS NATURAL GEAR INTERMEDIATE & ADVANCED : 120MINS BIG GEAR	★	RUN: WU 5MINS WALK FAST, 5MINS JOG, 10MINS MEDIUM RUN, MAIN: 60MINS STEADY @EFFORT 5-6 (60% HRR) MAIN2 : 10X100M. STRIDES, REST60SECS *BEGINNER SKIPS THIS SET CD: 5-10' WALK FAST
THURS	SWIM: 10X(100M EASY, REST 5-10SECS), ADVANCED DO BONUS: 16X(25M FAST, REST30SECS), REST BETWEEN SETS 2MINS, CD: 10MINS POOL JOGGING (DEEP WATER JOG OPTIONAL WITH FLOTATION)	★	GO GET A MASSAGE
FRI	SWIM: WU 400M YOUR CHOICE, THEN 4X(25M FAST, REST15SEC), 200M MEDIUM, MAIN1: BEGINNER: (5X50M MEDIUM, REST10SEC, 5X50M PADDLES & PULLBUOY MEDIUM, REST10SEC), INTERMEDIATE (5X100M MEDIUM, REST10SEC, 5X100M PADDLE MEDIUM, REST15SEC), ADVANCED: (5X100M MEDIUM REST5SEC, 5X100M PADDLES HARD, REST10SEC), MAIN2: 4X100M EASY, EVERY LAST 25M NO FREESTYLE, REST20SEC, CD: 200M YOUR CHOICE	★	RUN: *PREFER TRACK: WU: 3MINS WALK FAST, 7MINS JOG, 5MINS OF 25M DRILLS, 5X25M HANUMANSTRIDES (START EASY FINISH MAX), REST45-60SEC, 1KM RACE PACE, MAIN: SETS OF 200M *GOOD AVERAGE TIME, *FOR BEGINNER DO SAME SET BUT ONLY 100M, THEN 3X(4X200M FASTER THAN RACE PACE, EFFORT 80-90%, REST1MIN), REST BETWEEN SET 3MINS, CD: 15-20MINS EASY JOG
SAT	LONG BIKE RIDE WITH TEMPO: WU: 10MINS HIGH CADENCE EASY, 10MINS BUILDUP INTO MAIN SET *KEEP CADENCE HIGH, 10X(20SEC SPRINT, 20SECS EASY SPIN), 10MINS TIMETRIAL, MAIN: 2HRS: 3X(35MINS BIGGEST GEAR, 5MINS RACE PACE), CD: 10MINS EASY SPIN (CHOICE 10MINS EASY JOG)	★	SWIM 1500M AS 750M EASY - MEDIUM, THEN 750M PADDLES MEDIUM (PULLBUOY OPTIONAL)
SUN	LONG RUN: LSD 2HRS: *STEADY PACE AT EASY TO MEDIUM EFFORT	★	
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ROBOMAN SPECIAL			
	RACE WEEK		
MON	RUN 30MINS EASY - MEDIUM	★	FLEXIBILITY SESSION
TUES	BIKE THRESHOLD: WU: 5MINS BUILDUP CADENCE, 20MINS MEDIUM EFFORT HIGH CADENCE, 10X(20SEC SPRINT, 20SEC EASY SPIN), 5MINS TIMETRIAL, MAIN: THRESHOLD: 2X(5KM RACE PACE RACE CADENCE, 1KM V.EASY), 4X(1KM RACE PACE BIGGEST GEAR, 1KM V.EASY), CD: 20MINS V.EASY SPIN & STRETCH	★	SWIM: WU: 200M YOUR CHOICE (MIXED NO FREESTYLE), 200M AS 8X(25M KICK&DRILL, REST30-45SEC), 100M AS 4X(25M SPRINT, REST30-45SEC), TIMETRIAL (BEGINNER 100M, INTERMEDIATE 150M FAST + 50EASY, ADVANCED 200M), MAIN1: SETS OF 100M: 6X100M: (FIRST 50M RACE PACE, 50M MEDIUM, REST30SEC, 100M EASY), MAIN2: SETS OF 50M: 10X50M: (25M FAST & 25M EASY, REST30SECS), CD: 200M YOUR CHOICE EASY
WED	BIKE 60MINS RACE CADENCE 60% EFFORT (65%HRR) RUN OFF BIKE: 3MINS FAST, 7MINS EASY RECOVERY	★	RUN: WU: 5MINS WALK FAST, 5MINS JOG, 10MINS MEDIUM, MAIN: 30MINS STEADY 60% EFFORT (65% HRR), MAIN2: 10X100M HANUMANSTRIDES, REST60SEC, *BEGINNER STRIDE ONLY 25M, CD: 5-10MINS WALK FAST
THURS	BIKE 45-60MINS BUILDUP TO RACE CADENCE, STAY MEDIUM	★	RUN: WU: 3MINS WALK FAST, 7MINS JOG, 5X25M HANUMANSTRIDES (START EASY FINISH MAX SPEED), REST 45-60SECS, 1KM RACE PACE, MAIN: 6X (30SECS FAST, 90SECS EASY-MEDIUM), CD: 5-10MINS EASY JOG
FRI	SWIM: WU: 400M YOUR CHOICE, 4X(25M FAST, REST15SEC), 200M MEDIUM, MAIN1: BEGINNER: 5X(50M MEDIUM, REST20SEC), 5X50M PULLBUOY HARD, REST20SEC, INTERMEDIATE: 5X(100M MEDIUM, REST20SEC), 5X(100M HARD, REST30SEC), ADVANCED: 5X(100M MEDIUM, REST10SEC), 5X(100M HARD, REST20SEC), MAIN2: 4X(100M EASY EVERY LAST 50M NO FREESTYLE, REST20SEC), CD: 200M YOUR CHOICE	★	TRAVEL TO LOCATION
SAT	DAY OFF: WAKEUP EARLY, SIMULATE PRE-RACE LOAD, STAY IN AC, NO CARB LOAD, CHECK SWIM AREA 20MINS	★	BIKE CHECK 20MINS, GET BACK TO ROOM BEFORE 7PM
SUN	RACE DAY - OPEN A CAN OF KICKASS		
	TAPER		
MON	DAY OFF		
TUES	SWIM: WU: 200M YOUR CHOICE, THEN 400M AS 8X(25M KICK+DRILL), THEN 4X(25M SPRINT, REST30SEC), THEN 200M BUILD INTO MAIN SET, MAIN: 2X(100M EASY, REST5SEC), 3X(100M EASY REST10SEC), 4X(100M EASY, REST20SEC), 3X(100M EASY PADDLES, REST20SEC), 2X(100M EASY PADDLES, REST20SEC), CD: 200M YOUR CHOICE	★	OPTIONAL EASY BIKE ON TRAINER 45-60MINS NATURAL CADENCE
WED	BIKE *PREFER ON TRAINER: WU: 20MINS EASY SPIN, HIGH CADENCE, MAIN: 3X(15MINS BIGGEST GEAR 50RPM - HEAVY EFFORT), 5MINS EASY SPIN, CD: 10MINS HIGH CADENCE THEN 5MINS WALK FAST	★	OPTIONAL SWIM 800-1500M EASY
THURS	TREADMILL RUN: WU SET: 3MINS WALK FAST, 7MINS JOG, 5X(30SEC SUPER FAST, 30SEC STAND OFF), 5MINS BUILDUP TO MEDIUM, 3MINS WALK, MAIN: MEDIUM PACE WHOLE SET: 2MINS 8% INCLINE, 5MINS FLAT 0%, 3MINS 6% INCLINE, 5MINS FLAT 0%, 4MINS 4% INCLINE, 5MINS FLAT 0%, MAIN2: 20MINS MEDIUM, CD: 10MINS EASY JOG	★	CHILL OUT & STRETCH
FRI	SWIM: WU: 200M YOUR CHOICE, THEN 400M DRILLS, 2X(50 FAST, REST60SECS), 100M BUILD INTO MAIN SET, MAIN: 500M EASY, REST60SEC, 400M EASY W PULLBUOY, REST45SEC, 300M EASY W PADDLES & PULLBUOY, REST30SEC, 200M EASY W PADDLE & PULLBUOY, REST20SEC, 100M MEDIUM W PADDLES, CD: 100M YOUR CHOICE.	★	CHILL OUT & STRETCH
SAT	TEMPO BIKE: WU: 20MINS BUILDUP, MAIN: 60MINS AS 3X(20MINS BIG GEAR) AS (20MINS EASY LOW CADENCE), (20MINS MODERATE HIGHER CADENCE), (20MINS HARD HIGHER CADENCE), CD: 10MINS VERY EASY, OPTIONAL BONUS RUN 20MINS.	★	CHILL OUT & STRETCH
SUN	LONG BIKE RIDE	★	CHILL OUT & STRETCH
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